

# Silver Notes

The Newsletter of Broken Arrow Seniors, Inc.

July 2004

## SAINT SIMEON'S – "Our Home Is Built on Love"

Saint Simeon's, a private, not-for profit senior living community, is recognized as a leader in quality services and care for today's seniors. Saint Simeon's offers both residential living options and adult day care.

The Home, nestled within 50 beautiful wooded acres in Tulsa, is a loving, elegant community that supports the residents' independence, dignity and individuality. Saint Simeon's has provided a living experience of the highest quality and at an affordable cost since 1940.

At Saint Simeon's you choose the living accommodations that best meet your desires and needs.

- Cottage living for persons who maintain an active lifestyle.
- Assisted Living apartments for persons who enjoy an active lifestyle but also choose to benefit from more personal services.
- Memory Center apartments and programs specifically designed for persons suffering from Alzheimer's and other forms of dementia, and,
- Health Care Center apartments with attentive 24-hour nursing care.

Saint Simeon's residents enjoy a charming wooded setting, delicious ice cream and coke floats in the Ice Cream Parlor, serene outdoor and indoor walking paths, worshipping in Saint Anna's Chapel, performances by accomplished musicians and dancers, and over 400 educational, social and entertainment activities each month.

Saint Simeon's provides adult day care at Adult Day Services. Adult Day Services is located at 5635 East 71<sup>st</sup> (between Yale and Sheridan on 71<sup>st</sup> Street). The supportive staff at Adult Day Services assists family caregivers by offering them the opportunity to relax, shop, visit friends and work worry free while their loved one is receiving personal attentive care. The day care staff can bathe participants, shampoo hair, trim nails, assist with medications and provide enjoyable activities promoting healthy mental and physical stimulation. Saint Simeon's Adult Day Services accepts respite care vouchers through the Oklahoma Area-Wide Services Information System. To apply for the respite voucher call 1-800-426-2747.

If you would like to learn more or schedule a guided tour of the Home, please call us at 425-3583. If you would like more information or would like to visit Adult Day Services, please call 496-3316. We encourage you to experience the not-for-profit differences at Saint Simeon's.

## YOU'RE INVITED TO A PARTY

Friday, July 30

6:45 – 9:00 pm

Put on your best "bib and tucker", grab your friends and plan to join us for a party! We are going to have fun, make new friends, greet old ones, and dance to the ballroom goodies we all know and love. Come see what you think of our new sounds.

Our hostesses for the evening will be Lucy Bell, Verna Burdette, Jo Ellen Gray, Helen Long and Mattie Smith. As a continuing Friday Night event, they are busy thinking up new and exciting themes for future gatherings. This first get-together is free so everyone can afford to come to see how much fun we can have. Future evenings will be an economical fee. We're only a short trip away. We'll be expecting you and a wonderful fun time for all!

## OPPORTUNITY

If you would like the opportunity to be one of BASI's valuable volunteers, please contact your Volunteer/Program Coordinator, Annette, at 259-8377. There is a place of service for everyone, and we will be able to find a special niche for you.

## THANK YOU, THANK YOU, THANK YOU

Sometimes we take for granted and forget to thank those who help us the most! As you know, the City of Broken Arrow provides the building for our wonderful Senior Center, as well as the people who mow the lawn and keep it in good operation! Next time you see one of the City Employees in our Center fixing something to make you more comfortable, stop to tell them "thank you". If you see or talk to the Mayor, City Council Members, or others on the City Staff, be sure to let them know how much we appreciate their support. Residents from all around this area tell us they have heard about our great Senior Center. Then also give yourself a pat on the back because each of you can take credit for your part in the success of the Senior Center!

## VOLUNTEER OF THE MONTH

The Volunteer of the Month is Gayle Bull. Some of you may not know her very well, because her main activity at the Senior Center is to help in the office. She has been posting to the books, entering vital information into the computers to help keep our records updated, answering phones when everyone else is momentarily scattered throughout the building, and doing whatever is needed to keep things running smoothly. You may also have seen her helping with various chores and errands during our Senior Week. Gayle will be taking the Medicare Course given by LIFE and RSVP to answer your questions about the Medicare Prescription cards. One of these times when we can spare you, we intend to get you more involved in the fun activities as well! Thank you, Gayle, for the many ways you help the Senior Center and make the days run smoother in the office.

## FLORAL HAVEN DINNER

*Monday, July 19 3:30 pm leave Sr. Center*

Floral Haven gave us a generous invitation to come to their facility for a tour. Due to a death in their own Floral Haven family, they were not able to have us as guests on the day they had planned.

Now they have extended another invitation to come July 19 instead. They will serve a catered dinner at their family center, give a gift to each guest and contribute a \$10 donation for each of you who attends for our Senior Center. It's still a win/win situation. We will leave the center at 3:30 p.m. on our bus, and plan to arrive at Floral Haven at 4:00 p.m. We will leave there after the tour and dinner to return to the center. Those who need transportation will then be taken home. Others may leave in their own cars. Those who have already made reservations know who you are. Additional reservations must be made by July 12 and you must go on our bus, (first come, first served) so please let us know whether you want to go. If the bus fills up, some will drive their own cars. **Remember, besides a treat for yourself, you will be helping the Senior Center.**

**NEXT TIME YOU ARE AT THE SENIOR CENTER, look for EXIT signs and plan that door you would use in an emergency.**

## NIGHTTIME PROGRAMS

### TOPS GROUP – Take Off Pounds Sensibly

*Every Thursday Night*

*Weigh in 5:30-6:15pm*

*Meeting 6:30-7:30pm*

This support group works with members to help each other in the common goal of losing weight. Annual dues are \$44.00 per year covering national/local fees. Open to men, women or kids.

### COUNTRY & WESTERN DANCE

*Every Monday Night*

*6:45-9:45pm*

The Country Rhythm Band provides the music. Admission is \$2.50 per person with free cookies and coffee. **Yes, there will be a dance on July 5 even though the Center is closed during the day for the holiday!**

### BUS RIDER INFORMATION

Due to increased gasoline and maintenance costs for the bus, suggested donations are increased to \$15.00 per month for rides to the Senior Center. Medical Transports for Broken Arrow and Tulsa will now be \$15.00.

### HOSPICE PATIENT TRAY FAVORS

*Friday, July 2*

*10:00am – 12:00 noon*

Attendance is still growing with this group who enjoy making favors and cheering others. Every week they come up with new ideas and clever results. If you have craft supplies you are not using, this group can make good use of them. Some of you have already brought in some wonderful supplies, and they have been put to good use for lifting the spirits of the terminally ill at Odyssey Hospice (formerly Crossroads).

### ELECTRIC CHAIR LIFT

An electric chair lift to carry 1 person from the first floor to the second floor has been donated to the Senior Center. Do you need a lift in your home? Please call Annette Holder at 259-8377.

**MAHJONGG**

*Friday, July 2* 10:00 – 12:00 noon  
*Friday, July 16* 10:00 – 12:00 noon  
*Friday, July 30* 10:00 - 12:00 noon

Mahjongg still has room for new people in the group. You may join or watch to learn how to play. Players are now bringing their own games to use. The Center still does not own a Mahjongg game, but is hoping to acquire one soon.

**OSU NUTRITION NEWS**

*Tuesday, July 6* 10:00 – 11:00 am

Donna Lowery from OSU Nutrition will be here to do something special with ripe tomatoes. She brings lots of facts and figures while telling us how to make foods tasty and attractive.

**ADT COMPANION SERVICES**

*Thursday, July 8* 10:00 – 11:00 am

Did you know that, according to The Centers for Disease Control, one out of every three people over age 65 will fall this year? Come to hear Mike Montgomery talk about how you can get help in times of emergency if you are alone.

**TRIAD EYE CLINIC**

*Wednesday, July 14* 10:00 am – 1:00 pm

It has been a while since we have had the pleasure of having Triad here at the center for eye exams. This is your opportunity to get your vision checked out.

**BOARD OF DIRECTORS MEETING**

*Tuesday, July 20* 3:30 pm

The Board will be holding their regular monthly meeting on this afternoon. Everyone is welcome to attend the meeting. However, if you wish to speak, it is a requirement to call Kathy Guthrie at 259-8377 to be placed on the agenda.

**KEEPING YOUR ASSETS**

*Friday, July 29* 10:00 – 11:00 am

Mr. Christopher Strickland with Edward Jones will be speaking about **KEEPING YOUR ASSETS**. He will be talking about ways to earn income without losing your savings. Come to find out the latest information.

**NEW FACE OF 2004 VINTAGE**

**GUIDE TO HOUSING AND SERVICES**

Life Senior Services is now offering the latest version of the most comprehensive guide to senior resources for older adults, their families, care-givers and professionals. Best of all, it's free of charge. It encourages everyone to discuss with loved ones financial matters, legal preparation, health insurance and services available to help older adults stay independent as long as possible. It includes all kinds of living arrangements, service arrangements, and how to find out about them.

It includes also all the things important to families who need adult day care, counseling, mental health, hearing, speech, vision and other things it has taken Life Senior Services twenty years to perfect as a United Way Agency.

You may acquire a copy from the SeniorLine at 664-9000. Copies are also available in Broken Arrow at 3106 S. Juniper Avenue, or the Senior Center, 1800 S. Main; and in Tulsa at 5950 East 31<sup>st</sup> Street and 902 East Pine. Be sure to check out the **Vintage Guide** for yourself!

**BIRTHDAY POTLUCK LUNCH**

*Friday, July 23* 11:45 am

Please plan to come to the Birthday Potluck. If it is your birthday, you might win a door prize. This will help remind you to please bring a dish to share or \$3.00 to help with the meat purchase.

**FREE WAFFLES ANYONE?**

*Monday July 12 and July 26* 9:30 am

There are some Waffle House Senior Days Coupons available for a free waffle on Mondays. We are planning to take a bus load of Seniors for a free waffle after the bus gets in from the morning runs on July 12 and July 26. If you would like to go, please let Annette know at 259-8377 (first come, first served). Our excursion will depend on having enough people sign to make the trip worthwhile, but it should be fun. Plan to join your friends and enjoy a free waffle.

## **EXERCISE PROGRAMS**

### **WOMEN'S AM FITNESS**

**This group is taking a break for the summer.**

The class requires a doctor's release for participation. Contact Pat Brown, our instructor, for other enrollment requirements for this **vigorous workout** exercise class.

### **LIMITED MOTION EXERCISE**

*Every Tuesday & Thursday 9:30-10:00am*

This exercise program is for people who are not physically able to do more strenuous exercising. It consists mainly of chair exercises and stretching.

## **LINE DANCE INSTRUCTIONS**

### **BEGINNING LINE DANCING**

*Every Monday and Thursday 1:00-1:30pm*  
(With instruction). This class starts over each month.

### **INTERMEDIATE LINE DANCING**

*Every Monday & Thursday 1:30-2:00pm*  
(With instruction) *A step up from beginning.*

### **LINE DANCING**

*Every Monday & Thursday 2:00-3:00pm*  
No instruction except new dances.

## **SUPPORT GROUPS**

### **ALZHEIMER'S SUPPORT GROUP**

*Thursday, July 8 7:00-9:00pm*  
This support group is for the caregivers of individuals with Alzheimer's.

### **PARKINSON'S DISEASE SUPPORT GROUP**

*Friday, July 9 10:00-11:00am*  
It is a support group for those with Parkinson's. The topic will be "Share and Care with the Group".

### **BREAST CANCER SUPPORT GROUP**

*Tuesday, July 20 9:00-10:00am*  
This support group is for women who are survivors of breast cancer. The new leader of this group is Jackie Owens and the caller is Pauline Gilbert. They have decided to continue meeting through the summer months.

## **BLOOD PRESSURE CHECKS**

*Tuesday, July 13 9:00-10:00am*  
Provided by Hometown Hospice

*Friday, July 23 10:00-11:00am*  
Provided by Oxford Health Care

## **BLOOD SUGAR CHECKS**

*Tuesday, July 13 9:00-10:00am*  
Provided by Hometown Hospice

## **FOOT CARE CLINICS**

*Second & Fourth Wednesdays*  
*July 14 9:00-12:00noon*  
*July 28 9:00-12:00noon*

Appointments are required-call 259-8377 to schedule. Cost is \$25.00. Bring a small towel. The provider is Visiting Nurses Association of Tulsa.

## **ASK A NURSE**

*Tuesday, July 20 10:00-11:00am*  
Diana Nabors from Alterra Sterling House, Broken Arrow, will be speaking on the subject of Tips, Symptoms and Reminders about Diabetes.

## **OFF SITE PROGRAMS**

### **PICKLEBALL**

*Monday, Wednesday and Friday 1:00-3:00pm*  
At Community Center Gym/1500 S. Main

### **WALKING CLUB**

*Monday, Tuesday, Thursday and Friday 7:00am-12noon*  
*Wednesday only 7:00am-9:00am*  
*and 12:00noon-2:00pm*  
At Community Center Gym/1500 S. Main

### **BOWLING**

*Every Tuesday & Thursday 1:30-3:15pm*  
At Timber Lanes/4701 S. Elm.

### **WATER AEROBICS**

*Monday, Wednesday & Friday 9:00-10:00am*  
*Every weekday 10:00-11:00am*  
This class is held at the Salvation Army Boys and Girls Club swimming pool. Call 258-7545 for more information.

**\*CARDS\*GAMES\*BINGO\***

**PARTY BRIDGE**

*Every Monday 9:00-11:00am*

**DUPLICATE BRIDGE**

*Every Monday 12:00-4:00pm*  
*Every Wednesday 10:00-2:00pm*

**CARDS, DOMINOES, GAMES, ETC.**

*Daily 8:00-11:00am*

**ASSORTED GAMES**

*Every Tuesday & Thursday 12:00-2:30pm*

Join the regular Tuesday/Thursday gang as they play Skip-Bo, Canasta, Liverpool Rummy, Mexican Dominos or whatever games are currently in favor at the Center. Everyone is welcome to join the fun.

**PINOCHLE**

*Every Tuesday & Thursday 8:30-12:00 noon*

**BUNCO**

*Friday, July 9 12:30-2:30pm*

*Friday, July 30 12:30-2:30pm*

Play this game for free and win cash prizes!

**BINGO**

*Tuesday, July 13 10:00-11:00am*

*Tuesday, July 27 10:00-11:00am*

The first card is 25¢ and the second card is free, or 5 for \$1.00.

**BINGO FOR \$\$\$**

*Friday, July 2 12:30-2:30 pm*

*Friday, July 16 12:30-2:30 pm*

First two cards are \$2.50. Extra cards are \$1.00 each. Over \$50.00 in cash prizes.

**NEWCOMERS CLUB**

**MEXICAN DOMINOS**

*Thursday, July 22 9:15-11:30am*

Join the BA Newcomers Club for their Monthly get-together and learn to play Mexican Dominoes. Everyone is welcome; bring extra sets of Mexican dominoes if you have them.

**BIBLE STUDY**

*Every Monday 10:00-11:00am*

Come and join this interesting non-sectarian Bible study/discussion group. Murray McComas is our group leader for this class.

**CRAFTERS FELLOWSHIP**

*Every Wednesday 1:00-3:00pm*

This is a group of women sharing ideas (crafts). Come for fun, fellowship and support.

**TATting**

*Every Wednesday 1:00-3:00pm*

Join our tatting group as they gather to work on their individual projects and share patterns, ideas and friendly conversation each week.

**TAI CHI CLASSES**

*Tuesdays, July 6, 13, 20, 27 1:00-1:45pm*

You have requested Tai Chi Classes! Mr. Ray Hildreth of the Academy of Self-Defense has generously volunteered to teach a series of classes to introduce us to Tai Chi. He has been recommended to us from more than one source and is involved in other Martial Arts classes in his own business as well. Tai Chi is a Chinese martial art that is primarily practiced for its health benefits to deal with tension and stress. It emphasizes relaxation and meditation, and will be very beneficial to seniors for balance. In addition to the four classes Ray will teach for us in July there will be 2 more classes the first two Tuesdays in August. Please plan to attend all six of the classes so that you may learn the technique. If we have enough bus riders interested, we will have an additional bus trip to take you home.

**The Broken Arrow Senior Center**

**Will be closed on Monday, July 5,**

**For the 4<sup>th</sup> of July Holiday.**

**The Nutrition Site will also be closed on**

**July 5 for the Holiday.**